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HALIFAX metro

NEWS WORTH SHARING.

with our **BIGGEST** sale of the season! **WEEKEND SPECIALS** in effect November 16th to December 15th

discover your creative side

Melodious Maritime music-making

N.S. musician Rose Cousins talks about the ties that bind ahead of Friday show **PAGE 19**

HOPE SOWED, BLOOMED AND BLOSSOMED

GROUP OF HALIFAX YOUTH EXCEED EXPECTATIONS ON DRAGONS' DEN **PAGE 3**



HEAR YE, BOSTONIANS

From left: Greg Fenwick, town crier for Lower Sackville, Peter Crofton Davis, town crier for Annapolis Royal, Noah Frost, 9, and Valerie Davies give a Halifax sendoff to the Nova Scotia Christmas Tree bound for Boston at St. Stephen's School on Wednesday. The province sends a tree to Boston each year to thank the city for their assistance after the Halifax Explosion. Story, page 8. **JEFF HARPER/METRO**

Commuter rail gets boost

City Matters.

Respondents more interested in rail project than ferry, aquarium

Scope

The City Matters survey is conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research.

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The councillor who's been a vocal advocate for commuter rail in Halifax appears to be winning residents over.

The 2013 City Matters survey asked respondents which of three major projects proposed for Halifax in the recent past was of greatest interest to them.

Fifty-three per cent opted for commuter rail, 23 per cent chose a ferry "that might include stops such as Bedford and Shannon Park" and 18 per cent chose an aquarium.

"I view it as good news. It's consistent with what I hear from my residents and others," said Coun. Tim Outhit, the driving force behind commuter rail. "Hopefully CN and council are listening."

The city has approved a feasibility study of commuter rail, using existing rail lines from Bedford to the south end. The study needs CN's co-operation, which has been confounded by a legal dispute with HRM over maintenance of several bridges.

The Nova Scotia Supreme Court ruled in CN's favour last month, and the city's transportation standing committee heard Wednesday that staff has asked CN to join the study — but will use legislative tools to compel participation if needed.

Outhit said the city can't afford to keep building roads, and solutions like commuter rail are long overdue.

"We want people to work and shop and play downtown, so make it easier for them to get downtown," he said.

More coverage, page 4

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'I felt like I was going to cry out of happiness'

Grassroots food.

Young entrepreneurs of Hope Blooms win \$40,000 on CBC's Dragons' Den



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It's official — Halifax's north end is home to a group of dragon tamers.

Over 250 people packed into the common room of the Halifax North Memorial Public Library to watch the kids of Hope Blooms make their pitch on CBC's Dragons' Den Wednesday night, where they asked for \$10,000 to expand their salad-dressing business for five per cent royalties.

But after hearing the pitch, four of the five business moguls decided to offer \$10,000 each without any royalties and agreed to spread their story. A couple had tears in their eyes.

"I felt like I was going to cry out of happiness," said Christina Hubley, 14, who appeared on the show. "We knew we couldn't mess it up because it was a once-in-a-lifetime opportunity, so we just had to do

Quoted

"It's amazing all the support that we get, and I hope it continues like this."

Christina Hubley of Hope Blooms



From left: Bocar Wade, Tiffany Calvin and Christina Hubley of Hope Blooms react while watching their episode of Dragons' Den at the Halifax North Memorial Public Library on Wednesday night. Inset: A packed house watches the Hope Blooms episode. JEFF HARPER/METRO

what we did."

While the dragons got an onscreen group hug, the library erupted in cheers and clapping as the rows of supporters rose to their feet in a standing ovation.

The kids of Hope Blooms grow fruits and vegetables in a large garden and greenhouse for community dinners or soup programs. Many help out with making and selling the

dressings; a part of the sales go into a scholarship fund.

"It's a huge release for us to be able to talk about it," said Hope Blooms lead Jessie Jollymore, about the months of secrecy since the episode taping in April.

Jollymore said the \$40,000 will go toward a year-round greenhouse to grow herbs for the dressings and "amp up" production to hopefully sell

the products in local grocery stores.

Jim Treliving, one of the dragons, is the president of Boston Pizza and Jollymore said he's working out the details to feature the dressings in Boston Pizza locations around Christmas.

But it's the newfound confidence and change Jollymore's seen in the kids that is "worth more than its weight in gold."

In an area that was discriminated against for being poor, Jollymore said Hope Blooms "broke down the walls of limiting beliefs" and made people take pride in their community.

"When you start thinking outside the box, once you're out of that box, as big as you can dream, it's even bigger," Jollymore said with a huge smile.

1 NEWS

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A worker adjusts his safety harness while putting some of the finishing touches to the exterior of the Halifax Central Library in October. The new library is scheduled to open in the spring of 2014.
JEFF HARPER/METRO

Downtown revitalization a top HRM priority: Survey

Development.

Respondents across the region agree on importance of a healthy city core



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HRM residents seem to be soundly behind the revitalization of the downtown core — in theory, at least.

More than 80 per cent of respondents to the 2013 City Matters survey, conducted for Metro Halifax and the Greater Halifax Partnership by MQO Research, said revitalizing downtown is important or very important.

"Downtown is always at the epicentre of the economies of cities," said Greater Halifax Partnership chief economist Fred Morley. "Strengthening that core, that heart of a community, people are recognizing that's awfully, awfully important."

However, respondents gave the city an average grade of 6.1 out of 10 for the job it's doing on the revitalization. Twenty-two per cent gave a grade of 8 or higher, com-

By the numbers

Survey respondents were asked, "Which of the following three major developments do you believe will have the greatest impact on quality of life in Halifax?"

- The new convention centre. 22%
- The new library. 23%
- The general development in the downtown area. 51%
- Don't know/not sure. 4%



pared to 14 per cent in 2012.

"I suspect a lot of what's driving that is the fact that we've had some pretty significant development announcements over the past year," said Downtown Business Commission executive director Paul MacKinnon.

"Certainly we've reached levels we haven't seen in dec-

ades."

Although development is gaining momentum, MacKinnon said perceptions on the overall "vibrancy" of the area vary widely.

"That's where there's a bit more of a struggle, in terms of thinking of the number of people that are downtown, the number of new shops

Notable quotable

"We're at a situation where political leadership, the business community and the general public are pretty aligned on this goal. It's a very rare occurrence."

Fred Morley of Greater Halifax Partnership on downtown revitalization

that are opening versus closing," he said.

Overall, MacKinnon said the commission's tracking shows more stores opening downtown than closing — but thanks to the rise of online shopping and big-box competition, the trend is away from traditional retail and towards services or restaurants.

He said the commission has focused on improving vibrancy through events like Dog Days of Summer and the Big Day Downtown — and through simple initiatives, like the coloured picnic tables that helped restore the "town square" feel to the Grand Parade.

"Hopefully what it creates is this vibe to say, 'You know

City Matters

The Metro series

- Coming to an end. City Matters concludes Friday with results on city life, diversity and tolerance.

what? There's all sorts of interesting and quirky and fun things happening downtown. Let's go down more often and check that stuff out," he said.

The number of respondents saying revitalization is important has climbed steadily in the last few years, but MacKinnon said that theoretical support has to be backed up by action.

"One of the reasons the downtown has suffered is because people have moved away.... That's the result of planning choices and policies we've made," he said. "If downtown really is the lifeblood of the community, economically, historically, culturally, we may have to start making some tougher decisions to protect that."

The poll surveyed 600 residents over the age of 18, with a margin of error of plus or minus four per cent, 19 times out of 20.

City issues

'Hesitancy' evident in survey responses

The otherwise positive results in the City Matters survey cool off considerably when it comes to the economy.

Respondents gave HRM exactly the same grades for job opportunities and a "vibrant economy" as in 2012 — just 5.8 and 6.3, respectively, out of 10.

Senior counsel for MQO Research Rick Emberley said the responses, in combination with results from other recent surveys, suggest an ongoing "hesitancy" about the economy.

"There's this kind of sense that there's something more to come, but we haven't hit the button, the start button," said Emberley. "We're just not seeming to get this sense of lift, of optimism and confidence and so on."

Fred Morley, the chief economist of the Greater Halifax Partnership, said the responses were likely influenced by recent layoffs at RIM and other local companies.

"There's some negative signals out there despite a fairly vibrant level of employment and some evidence of activity out there in the economy," said Morley.

Emberley also attributed the lackluster response to a "hangover" from the much-hyped shipbuilding contract award in 2010, for which contracts are only now being signed.

"Even if they'd been signed the next day, it still would have taken months or years to realize any measurable economic impact from it," said Emberley.

Morley said the Halifax economy remains stable and is outperforming the provincial economy, and suggested perceptions should improve over the next 12 months.

"We're starting to see some potential in major projects," he said.

RUTH DAVENPORT/METRO



Fred Morley CONTRIBUTED.

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'Noise and mess' in store for downtown core this spring

Revitalization.

Construction on the Roy Building to coincide with several other major developments



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Coun. Wayne Mason isn't sugar-coating it — by the time construction starts on the historical Roy Building in March, downtown Halifax will be hectic.

The hard hats are set to be on site at the soon-to-be 22-storey luxury condominium beginning March 3, coinciding with several other major developments in the downtown core, including the Nova Centre.

But Mason said it's all a means to an end — the end being a revitalized downtown district.

"(It's) going to put a lot of strain on downtown. It's going to cause traffic issues. It's going to cause parking issues. There's going to be dirt and

Quoted

"It's coming together at a great time for Halifax."

Developer Louis Reznick of Starfish Properties

noise and mess," said Mason on Wednesday.

"That being said, all this is happening because this is what we want."

Developer Louis Reznick of Starfish Properties said the Roy Building, located at 1657 Barrington St., will be the tallest structure in the city's downtown and will offer views of Barrington Street's heritage district.

He said with so many projects in the pipes, Halifax has a lot to be excited about.

"There's a lot to look at. It's not just wishing and hoping anymore, it's actually happening," said Reznick in an interview.

Reznick said the Roy Building is surrounded by three street fronts that will help manage the impact of construction next year.

"There's always going to be disruption, but I think it'll be less than what people



An architectural rendering of the future historic Roy Building in Halifax. CONTRIBUTED

are used to in the downtown core."

A website for the building

says it will feature the work of architect Mansoor Kazerooni of Toronto-based Page+Steele

and interior designs by Union 31, also based in Toronto.

The building will include

a year-round swimming pool, fitness facilities and 24-hour executive concierge service.

Province seeking settlement in orphanage suit

The Nova Scotia government is moving to settle a large class-action lawsuit involving former residents of a Dartmouth orphanage out of court, Premier Stephen McNeil said Wednesday.

McNeil said a letter from the provincial Justice Department had been sent Tuesday to lawyers representing the 150 former residents of the Nova

Scotia Home for Colored Children.

"I have made it very clear coming into the election there would be a very different tone taken in terms of this file," said McNeil, whose Liberal government was elected Oct. 8.

McNeil wouldn't say what a potential dollar figure could look like, but said a settlement would only be

reached if both sides are able to agree.

"There's obviously a financial implication here, we know that, but there is also the right thing to do," he said.

McNeil said if an agreement can't be reached then it would be left to the court to decide.

He also said the outcome of any negotiation wouldn't

affect his campaign promise to hold a full public inquiry into alleged sexual, physical and psychological abuse at the facility over a 50-year period up until the 1980s.

McNeil has previously said the inquiry could take place as early as next spring.

The attempt to settle out of court is a departure from the path taken by

the previous NDP government, which challenged affidavits submitted to the court.

The allegations in the class-action have not been tested in court and previously lawyers for the government have argued that some of them are based on speculation or hearsay.

THE CANADIAN PRESS

Welcome news

Tony Smith, part of the class-action and spokesman for the Victims of Child Exploitation Society, welcomed the initiative, saying, "I think it's quite encouraging news.... It gives an opportunity to look at addressing the healing process a lot sooner than later."

North end

Fire that killed senior ruled accidental

Police say a fire that killed an elderly man in north-end Halifax last month and led to the arrest of a man was caused accidentally.

The house at 3631 Acadia St. caught fire around

3 p.m. on Oct. 24, and that night, a 49-year-old man was arrested and released the next day without charges.

In a release issued Wednesday, police say it was determined the fire started in the kitchen. Police also say Daniel MacLennan died due to smoke inhalation. He was taken to hospital by paramedics and died several hours later. **METRO**



Firefighters at a house fire on Acadia Street on Oct. 24.

JEFF HARPER/METRO

Clayton Park

Woman with dementia won't be charged in 91-year-old's death

Police say no charges will be laid after a 91-year-old woman died following a fight with another resident at a memory care facility in Clayton Park

last month.

Just before 9:30 p.m. on Oct. 5, officers were called to Evan Hall at Shannex's Parkstone Enhanced Care at 156 Parkland Dr.

Heather Hanson, Shannex spokesperson, told Metro a 74-year-old woman with dementia pushed a 91-year-old woman, who fell and suffered serious injuries.

Police said the victim

was taken to hospital and died the following night.

In a release Wednesday, Halifax Regional Police say they consulted with the Public Prosecution Service and determined no charges would be laid.

Clients of Evan Hall have dementia or Alzheimer's and receive "full assistance with the activities of daily living," a release states. **METRO**

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Young town crier helps carry tradition of tree for Boston

O Christmas Tree.

Noah Frost, 9, partakes in Halifax celebration



ALY THOMSON
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The town crier uniform is not unfamiliar to nine-year-old Noah Frost.

In fact, Frost's mother says he has donned the black buckled boots, beige pants, blue coat and faux feathered hat at least once a week since Halloween.

On Wednesday, Frost stood alongside two much larger versions of himself — the town criers for Lower Sackville and Annapolis Royal — to celebrate the send-off of a Christmas tree bound for Boston.

"Oyez! Oyez!" Frost declared in front of the bundled 15-metre white spruce at St. Stephen's Elementary School in Halifax, one of the stops on its 1,100-kilometre journey.

"This tree will travel to Boston as a token of the gratitude felt by all Nova Scotians for the help provided by Boston following the Halifax Explosion on Dec. 6, 1917.

"Long live the Queen!"

Lisa Fougere said her son was a perfect fit for the role of honorary town crier, being a history buff.

"Noah loves everything about history. He's read about the Halifax Explosion and he was thrilled to be the town crier."

The sound of bells clanking could barely be heard over the screaming of students in the front yard of the school.

Children waved tiny Nova

By the numbers

40

The age of the Christmas tree bound for Boston.

Scotia flags and chanted "Thank you Boston" as teachers and parents looked on with wide smiles.

The tree then made its way to Grand Parade, where it was met by Premier Stephen McNeil and Mayor Mike Savage.

This year's evergreen was donated by Mary Lou Milligan of Lunenburg County, the provincial government's website said.

Elementary students and politicians were on hand for the tree-cutting ceremony in Lunenburg on Tuesday.

It's the 42nd tree sent to Boston since the tradition began in 1971.



Students from St. Stephen's Elementary School crowd around a huge Christmas tree to give it a sendoff before it heads to Boston on Wednesday. JEFF HARPER/METRO

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The building where a 21-year-old worker fell to his death earlier this month. JEFF HARPER/METRO

Ombudsman could improve workplace safety: Worker rep

Labour. Young man's death prompts call for independent body, 'behavioural change'



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Michael Kydd said he felt "pure devastation" when he learned of 21-year-old Alan Fraser's work-site death last week, prompting him to bring new ideas forward.

Last Thursday, Fraser died after falling from the roof of a six-storey building under construction in Clayton Park.

The Department of Labour is investigating.

Kydd — president of Merit

Reputation

"In an age when we're trying to keep our young people in Nova Scotia and getting interested in the trades, this is ... kind of a black mark on the industry."

Michael Kydd, president of Merit Nova Scotia, which represents non-unionized workers

Nova Scotia, which represents non-unionized workers — contacted Labour Minister Kelly Regan to suggest that a provincial ombudsman could have its powers expanded to address "systemic complaints or violations" on job sites.

Having another source to respond to safety concerns could prevent more accidents by providing a confidential way for a worker or employer to bring up concerns over safety violations or gear being mishandled, Kydd said.

"We saw this as kind of an arm's-length, independent body that would give another option to industry to approach," said Kydd.

Kydd said a "behavioural change" needs to happen so workers understand it's vital to wear the right gear and take precautions at all times.

He said while the labour department does a "fantastic job" ensuring safety, they need more funding and an ombudsman would give an extra layer of protection.

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École du Carrefour, Dartmouth

Vendredi 29 novembre à 20 h
Spectacle Les Hay Babes, Weldon Boudreau et Unisson
École secondaire du Sommet, Halifax

Mercredi 27 et jeudi 28 novembre à 18 h
Souper gastronomique
NSCC Academy Campus, Dartmouth

Samedi 30 novembre à 20 h
Spectacle L'ensemble vocal Les Voix d'Acadie
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Dennis Oland appears in court charged with father's murder

Trial. Family shows support for accused, claims his innocence

Dennis Oland, the son of slain New Brunswick businessman Richard Oland, made his first court appearance Wednesday charged with second-degree murder in the death of his father.

Dressed in a sweatshirt over

a plaid shirt, Oland smiled at members of his family as he arrived in provincial court in Saint John.

His mother, wife, two sisters and his uncle were in court and have issued statements proclaiming Oland's innocence of the charge he faces.

The 45-year-old was arrested in the Rothesay area Tuesday afternoon by Saint John police.

Oland was remanded by Judge Marco Cloutier until his

Quoted

"We know that he will be found innocent in an objective and fair process in a court of law.... We wish that the police would turn their attention to finding out who is really responsible for Dick's death."

Statement issued Wednesday on behalf of Dennis Oland's mother, wife and two sisters

next court appearance on Tuesday, when a date will be set for a preliminary inquiry.

He spoke only once in court, replying "Yes, sir" when

Cloutier asked if he understood the charge laid against him.

At a news conference earlier Wednesday, Saint John

police Chief Bill Reid said the Crown gave approval for the charge to be laid about three weeks ago after giving his department direction a year ago on what needed to be done to make an arrest. The Crown wanted more interviews and forensic work done.

He said no one else will be charged as a result of the police investigation, which he described as a complex case that required officers to "build the mosaic." **THE CANADIAN PRESS**



Saint John Police Chief Bill Reid on Wednesday. **THE CANADIAN PRESS**



Even pumper trucks need regular checkups, this one in Dartmouth

Danny McMullin, left, and Jordan Kennedy of Halifax Regional Fire run a regular inspection of one of the cities pumper trucks in Dartmouth on Wednesday. **JEFF HARPER/METRO**

Investigation

Eskasoni pair charged in relation to senior's death

Two people have been charged in relation to the death of a senior.

RCMP in Eskasoni say they began an investigation on June 25, after John Johnson, 65, from Eskasoni passed away at the Cape Breton Regional Hospital.

After being contacted by the Medical Examiner's office, the RCMP investigated and determined that Johnson was taken to the hospital on June 22 suffering from a number of medical issues. He passed away the same day.

Marcella Marie Johnson, 53, and Peter Young, 56, have each been charged with criminal negligence causing death and failing to provide the necessities of life.

CAPE BRETON POST

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Lady Gaga Feat. R. Kelly Do What U Want
- 5 Hedley Anything
- 4 Eminem Feat. Rihanna Monster
- 3 Macklemore Feat. Ryan Lewis White Walls
- 2 Miley Cyrus Wrecking Ball
- 1 Katy Perry Unconditionally

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Success. Minke whale freed from ground in Cape Breton cove

Officials with the Department of Fisheries and Oceans and the Marine Animal Response Society freed a beached whale from the shores of Jersey Cove on Wednesday afternoon.

The 30-foot minke whale was stranded since early in the morning.

Responders waited until the tide rose and also brought in a boat to help tow the whale through the

channel. It remains unclear why or how the whale found itself so close to shore. Officials say it's possible the whale is ill or injured.

CAPE BRETON POST

On the web

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Drugs, booze, drunk driving and now ... sex?

Rob Ford's day of shame. Just-released court document contains stunning claim about Toronto mayor and 'prostitutes'

A bombshell court document released Wednesday suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

But for the first time in the scandal it raises the issue of ... sex.

The document reveals the aides were even worried about the presence of suspected "prostitutes" in the mayor's office.

The previously censored information comes from po-

lice interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers' allegations centre on the night of St. Patrick's Day last year, where a former staffer told police he saw Ford with another staffer, a friend and a young blond woman named Alana who he thought was "an escort or a prostitute."

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom told police Ford was drinking from a 40-ounce bottle of Smirnoff vodka and by the time he arrived at the mayor's office that night around 9 p.m. half of it was gone.

"Mayor Ford was totally out of it and had obviously been drinking," the police

document quotes Ransom as saying.

Ford wanted to "smoke narcotics" with Alana and his friend but his staffers stopped him, Ransom told police.

Ford went to a bar and a friend of Alana's showed up, Ransom said.

"When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down," the police quote Ransom as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and "two females that may have been prostitutes."

The mayor then started "crying uncontrollably," assaulted one staffer, pushed another and drove himself home. **THE CANADIAN PRESS**



Mayor Rob Ford confronts city councillors in Toronto on Wednesday.
NATHAN DENETTE/THE CANADIAN PRESS

Ford-speak

Rob Ford faced off with Toronto city council during a heated debate on a motion urging him to take a leave of absence. Here are some of the Toronto mayor's quotes from the meeting:

"Yes, I have."

After being asked whether he'd purchased illegal drugs in the last two years, Ford has been mayor of Toronto since October 2010.

"The reason I drank or did drugs was not out of stress, it was out of sheer stupidity."

After a councillor asked him whether he recognizes that some of his behaviour points to an addiction problem.

"I work with youth day in and day out and I've changed these kids' lives. I'm a positive role model."

When asked whether his decision not to co-operate with police sets a bad example. He said he was not talking to police on the advice of his lawyer.

"I understand the embarrassment that I've caused every resident in this city."

Saying his "mistakes" were of a personal nature.

"I really effed up and that's it."

At the end of the debate.

A dramatic day in the life of a scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

• **Vote.** During an internationally televised meeting, Toronto city council voted overwhelmingly to have the mayor take a leave of absence.

• **Contrition.** "I really effed up," Ford said as the often-heated debate ended. "Apologizing and saying

you're sorry, you can only say that so many times."

• **Next move?** The 37-5 motion, however, was non-binding, but its sponsor has said he would ask the province to step in if Ford failed to heed council's wishes.

• **Counter-move.** Just before the vote, Ford failed to introduce a motion that would have forced all coun-

cillors to undergo drug testing. The speaker ruled it out of order.

• **Defiance.** Ford repeated he would not resign or step aside to seek help. The "few isolated incidents" of substance abuse were due to "sheer stupidity" rather than addiction, Ford said.

• **Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

Sordid case shines light on addiction



Graffiti lines sidewalk at Toronto City Hall. STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto Mayor Rob Ford's admitted alcohol and drug use have shone a glaring spotlight on addiction and substance abuse.

But have Ford's troubles raised the kind of awareness that is beneficial or harmful to the public's understanding of the disease and those struggling with their own booze and drug-abuse demons?

"I have never seen the issue of substance abuse get this much profile," said Rebecca Jessemann, a research and policy analyst at the Canadian Centre on Substance Abuse.

"I think that the fact that these questions and opportunities and dialogue are being raised is beneficial.

"What's important is to ensure that the light in which those discussions are being held keeps in mind the fact that substance abuse is a very real problem and it's a problem that is helped by our colleagues, our friends, by our family members," Jessemann said from Ottawa.

Ford has repeatedly denied he has an alcohol or drug addiction, and he did so again Wednesday as city

councillors approved a motion to have him take a leave of absence.

Dr. Mark Ujjainwalla, an Ottawa addiction medicine physician, said Ford's ex-

Quoted

"They're not bad people trying to get good. They're sick people trying to get well that need our help."

Dr. Mark Ujjainwalla

treme behaviour — including an obscenity-laden death threat secretly captured on video — is in line with many of the signs associated with alcohol and often drug abuse.

But the 25-year veteran of addiction treatment doesn't think the Ford saga has done much for the public perception of addiction.

"It has done absolutely nothing except to make it worse, because people are saying this guy's crazy, he's on cocaine, he's a bad person," said Ujjainwalla.

THE CANADIAN PRESS

Keep up-to-date

Follow the Toronto scandal that has captured the attention of people all over the world.

• For the latest updates, visit metronews.ca.



Looting, gunfire spark chaos alert in typhoon-hit areas

Aid too slow for 600,000 displaced.

Homes and businesses targeted for food and water

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon, setting off a wall collapse that killed eight people and carting off thousands of sacks of the grain, while security forces Wednesday exchanged gunfire with an armed gang.

The incidents in or close to the storm-ravaged city hosting international relief efforts add to concerns about the slow pace of aid distribution and that parts of the disaster zone are descending into chaos.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of what promises to be a massive international aid effort are beginning to turn, but not quickly enough for the some

600,000 people displaced, many of them homeless, hungry and thirsty.

"There's a bit of a logjam to be absolutely honest getting stuff in here," said U.N. staffer Sebastian Rhodes Stampa against the roar of a C-130 transport plane landing behind him at the airstrip in Tacloban, one of the hardest-hit cities.

"We're going to have a real challenge with logistics in terms of getting things out of here, into town, out of town, into the other areas. The reason for that essentially is that there are no trucks, the roads are all closed," he said.

Planes, ships and trucks were headed to the region, loaded with generators, water purifying kits and emergency lights — vital equipment needed to sustain a major relief mission. Airports were reopening in the region and the U.S. military said it was installing equipment to allow the damaged Tacloban airport to operate 24-7.

THE ASSOCIATED PRESS



Children, who say they fled when armed men were seen in their village, wait in Tacloban city, Leyte province in central Philippines Wednesday, Nov. 13, 2013. Aid has been slow to reach the worst hit areas. AP PHOTO/BULLIT MARQUEZ

Rapid relief experts

Canada's A-team on its way

Prime Minister Stephen Harper says the Canadian military's Disaster Assistance Response Team, or DART, is bound for the Philippine city of Iloilo.

Philippine authorities say Iloilo, one of two major cities on the island of Panay, was in the direct path of typhoon Haiyan and suffered 162 deaths and the destruction of 68,543 houses as a result.

In all, more than 530,000 people have been affected in the Iloilo region by the typhoon, which has claimed 2,275 lives across the Southeast Asian country, but the toll is expected to climb.

THE CANADIAN PRESS



An aerial view shows signs for help and food amid a path of rubble left by Typhoon Haiyan in the town of Tanawan, Philippines. AP PHOTO/WALLY SANTANA

Storm season just average: U.N.

In spite of the devastation Typhoon Haiyan has caused in the Philippines, it's been an average year for tropical cyclones, the U.N. weather agency said Wednesday in its annual climate report.

The World Meteorological Organization counted 86 tropical storms so far this year, just three short of the annual average since 1981.

They were unevenly spread across the globe.

The Atlantic saw its quietest season since 1994 in terms of the intensity and duration of tropical storms, according to the WMO report, which was released as U.N. climate talks were ongoing in Warsaw. Of the 12 named storms only two — Humberto and Ingrid —

reached hurricane strength. Both were Category 1 hurricanes, the lowest level.

The Western North Pacific, however, had recorded 30 storms by early November, above the annual average of 26, the WMO said. Thirteen of them were typhoons, including Haiyan, which struck the Philippines last week.

Storms that reach 74 mph (119 kph) are called hurricanes in the Atlantic and typhoons in the north-west Pacific.

Typhoon Haiyan is one of the most powerful storms to make landfall anywhere, and it is feared to have killed thousands of people and affected more than 9 million. THE ASSOCIATED PRESS



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Vancouver. Addicts filing lawsuit for access to prescription heroin

For decades, Larry Love's daily life was consumed by heroin. Find it. Inject it. Repeat.

That cycle, he said, was broken last year when he enrolled in a radical clinical trial in Vancouver evaluating the use of prescription heroin, seen as the treatment of last resort for severely addicted people for whom other therapies failed.

"I just keep looking (for heroin) and receiving — it was a life of hell," Love, 62, said Wednesday, as he joined other patients in a lawsuit against the federal government demanding continued access to prescription heroin.

After he finished his one-year stint in the clinical trial, his doctor applied to Health Canada for special permission to continue prescribing heroin to Love and 20 others. The applications were approved.

But the federal health minister responded last month by introducing new regulations to prevent such approvals, insisting Ottawa would not "give illicit drugs to drug addicts."

Love, four other patients, a legal advocacy group and Providence Health Care are now challenging that decision

in court, arguing the updated regulations violate the charter rights of people suffering from severe drug addiction.

The case will once again test the ability of local health officials to pursue harm-reduction policies that appear to run contrary to the federal government's tough stance against drugs and drug users.

The legal arguments in the case are expected to echo those made in favour of Insite, Vancouver's supervised injection site, which the Supreme Court of Canada prevented the federal government from shutting down two years ago. In fact, the constitutional lawyer behind the Insite case is now representing the prescription heroin patients.

Love is now taking oral medication that his doctors consider less effective for him than heroin prescription.

"We are bringing this legal challenge to save our lives and the lives of others and so we can live normal lives and be productive members of society," he told a news conference at St. Paul's Hospital in downtown Vancouver.

THE CANADIAN PRESS



Heroin addicts, from left, Larry Love, Deborah Bartosch, Charles English and Doug Lidstrom stand together after a news conference at St. Paul's Hospital in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

Convicted grandmother to take part in inquest

Jeffrey Baldwin.

Coroner says Elva Bottineau, who starved her grandson to death, is 'intimately and intricately' linked to case



Jeffrey Baldwin CONTRIBUTED

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his death.

Elva Bottineau was granted standing at the coroner's inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago in her care.

In his decision, coroner Peter Clark said standing must be given to anyone with a "direct and substantial interest" in a particular inquest.

"While the concept of Ms. Bottineau's participation at this juncture may be painful, I am bound to consider each application on its own merits, in a dispassionate and objective manner and with due consideration for the principles of

fairness and natural justice," he wrote in the ruling.

But the request was strongly opposed by lawyers representing the boy's surviving siblings and the office of Ontario's advocate for children and youth, who said allowing her to take part in the proceedings would grant her a soapbox to defend her actions

and revisit her conviction.

Lawyers also questioned Bottineau's ability to follow instructions, given her "limited intelligence."

Clark addressed those concerns in his decision, saying Bottineau's involvement in the proceedings would be subject to some restrictions.

"Such limits may include,

but are not limited to, which witnesses she may cross-examine and the nature of such cross-examination," he wrote.

She will not be allowed to recall past witnesses and, should she wish to present or call evidence, she will give a statement to be reviewed by the coroner, he said.

THE CANADIAN PRESS

Guy Turcotte

New trial ordered in controversial child-murder case

Quebec's top court has ordered a new trial in the case of Guy Turcotte, whose non-conviction after stabbing his children to death

helped inspire changes in the justice system.

Turcotte stabbed his children as his marriage was falling apart in 2009, but was found not criminally responsible at his trial.

The controversial case made Turcotte a household name in Quebec and the verdict provoked a torrent of outrage. THE CANADIAN PRESS

Montreal

Magnotta enters not-guilty pleas once again

Accused killer Luka Rocco Magnotta pleaded not guilty once more on Wednesday to the five charges he faces in the death and dis-

memberment of Jun Lin in May 2012.

Magnotta entered the pleas in a low voice in Montreal during a pre-trial conference involving the Quebec Superior Court justice who will oversee his trial. He had already pleaded not guilty to the charges in a lower court in June 2012. THE CANADIAN PRESS

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Top Indian official rebuked for rape remark, apologizes

Nationwide outrage.

Police official in hot water for saying, 'If you can't prevent rape, you enjoy it'

India's top police official apologized Wednesday for saying, "If you can't prevent rape, you enjoy it," a remark that has outraged women across the country.

Central Bureau of Investigation chief Ranjit Sinha made the remark Tuesday during a conference about illegal sports betting and the need to legalize gambling. The CBI, the country's premier investigative agency, is India's equivalent of the FBI.

Sinha said at the conference that if the state could not stop gambling, it could at least make some revenue by legalizing it.

"If you cannot enforce the ban on betting, it is like saying, 'If you can't prevent rape, you enjoy it,'" he said.

The remarks have caused outrage across India, which in the past year has been roiled by widespread protests following the fatal gang rape of a 23-year-old woman on a bus in New Delhi.

On Wednesday, Sinha said that his comments had been taken out of context and misinterpreted, and that he was sorry if he had caused hurt.

Angry activists, however,



India's Central Bureau of Investigation director Ranjit Sinha is under fire for saying, "If you can't prevent rape, you enjoy it" at a news conference about legalizing gambling on Tuesday. MUSTAFA QURAISHI/THE ASSOCIATED PRESS FILE

called for his resignation. Communist Party of India (Marxist) leader Brinda Karat said Sinha's comments were offensive to women everywhere.

"It is sickening that a man who is in charge of several rape investigations should use such an analogy," Karat told reporters. "He should be prosecuted for degrading and insulting women."

THE ASSOCIATED PRESS

Changing the law

After the fatal gang rape of a woman in New Delhi this year, public outrage forced the Indian government to change rape laws such that:

- Repeat offenders can be given the death penalty.
- Stalking and sexual harassment are now crimes.

Social media

Teen in custody for tweets

Police say a Philadelphia teen faces charges in connection with their investigation into a now-shuttered anonymous Instagram account that aimed to out "rats" in criminal cases.

Police say the teen is alleged to have posted material from the Instagram account to his Twitter feed. The teen was charged with intimidation and terroristic threats.

THE ASSOCIATED PRESS

Hungary. Baby born after doctors keep brain-dead mother on life support

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother's organs — her heart, liver, kidneys and pancreas — were donated to four recipients two days after the delivery.

The mother suffered a stroke when she was 15 weeks pregnant. The baby was delivered via Caesarean section this summer at 27 weeks, weighing three pounds, 1.8 ounces.

The university in eastern Hungary said, "The child is healthy and developing normally."

It did not give the child's gender or exact birth date.

THE ASSOCIATED PRESS

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Catwalk gives her wings?

Taylor Swift has a spot on Victoria's Secret show

The Victoria's Secret Angels worked their magic on the catwalk Wednesday, weaving between Taylor Swift and Fall Out Boy.

The elaborate wings, shiny sequins and strategic flashes



Taylor Swift
INVISION/THE
ASSOCIATED PRESS

of skin certainly helped. While models towered over everyone in Nicholas Kirkwood and Sophia Webster stilettos, Swift donned a Union Jack costume and a sparkly silver minidress — not lingerie. She gave a lively performance of I Knew You Were Trouble that got the crowd on its feet.

THE ASSOCIATED PRESS

Random biz fact of the day

1-4%

Looking for a job on major job boards has a success rate of just 1-4%.

CAREERLEAF/NEXCAREER



CHRIS HONDROS/GETTY IMAGES FILE

Using hands to play is so 2012

The mind is mightier than the sword — or hand. College creates stunning thoughts-based game

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly-named Project Vulcan is a prototype built with the help of game development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to escape by embodying a series of stronger robots. The mind-bending part is that players use only their



NAIT's Armand Cadieux dons gear for Project Vulcan, a game that reads brain scans — no controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO IN EDMONTON

thoughts, no hand-held controllers, to take over other robots.

"How we play games has changed in the last couple years," said Cadieux. "We're

Out of the box

"We're teaching students how to build a game, but also how to think beyond."

NAIT instructor Armand Cadieux

all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multi-tasking.

LUCY HAINES/FOR METRO IN EDMONTON



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Web awards. Metro worth sharing, in print and online

Metro won two silvers at the Canadian Online Publishing Awards 2013 on Wednesday evening.

The awards, which are held in Toronto every year, cover the best of digital work in mobile and desktop journalism.

Metro won awards for its mobile apps, which remain among the most popular news apps in Canada, as

well as for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.

METRO

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ZOOM-ZOOM





Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called *Untapped Potential: Creating a Better Future for Service Workers*.

\$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as \$23,647 in Toronto.



GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.



GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors...

longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

"Ummmm..." Kyle was stunned by Sarah No. 1's get up. I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can



Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

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Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK



you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

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TV, ER, RUNNING CAN CHANGE YOUR LIFE

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as inherently positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control too.



HE SAYS

John Mazerolle

metronews.ca

As you have perhaps surmised, I'm a little less gung-ho than your average running-mag model, the sort who treats running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right

hand.

I'm also about as light on my feet as those AT-AT walkers from *The Empire Strikes Back*. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than just

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I couldn't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lie stagnant on my couch.

Unless *The Empire Strikes Back* is on.

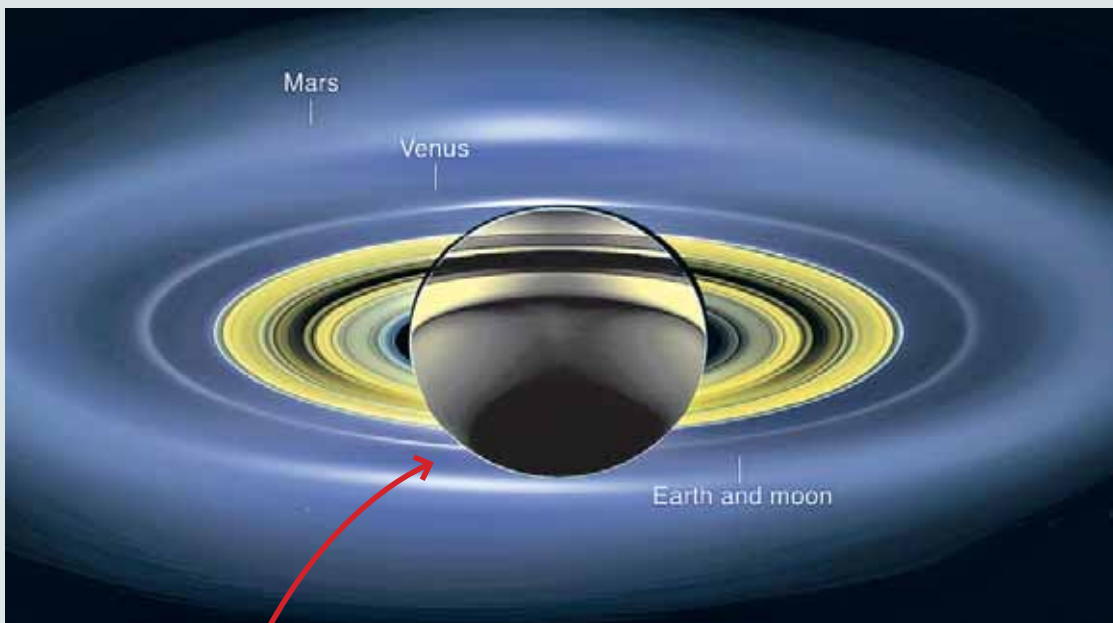
That's different.

It changed my life.

(This column was originally published in *Metro* in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B

km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

Hipmunk:

Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:

One-stop shop for hotels,

flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:

Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.



ISTOCKIMAGES

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ld-nont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of

the population, they always seem to work out well.

@KevinLabonte: 75% of bike related accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, let's build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

Home smells like roses for Cousins

Maritime music.

Halifax musician ready for repeat performance with Symphony Nova Scotia



BACKSTAGE PASS
Jenna Conter
halifax@metronews.ca

The stereotype of the “kind Canadian” is world famous. It is my belief, and perhaps I’m biased here, that for this our country has the Maritimes to thank. Refreshing still is how this manner creates a ripple effect that expands into our artistic community.

Sure, we happily watch our creative types leave the nest in search of greener pastures, but for those who return seeking the solace of the hometown crowd or simply wanting a good don-air, nothing compares to the connections made within the family of hometown musicians.

“I don’t know what percentage of musicians come from the Maritimes and grow up here, becoming part of the community, and contribute to the community — that translates across the music community as well,” Halifax singer-songwriter Rose Cousins said in a recent interview.

Born and raised in Prince Edward Island, but now based in the Nova Scotia capital, Cousins was



Rose Cousins is performing at the Rebecca Cohn Auditorium on Friday night. CONTRIBUTED

constantly surrounded by music. She developed an ear for piano, and later, in her years at Dalhousie University, she took up guitar.

Five records and one shiny new Juno later, this rose has blossomed into a

folk-fixture who is not only spreading her own gospel but is happy to bring others into the fold.

“There is a desire to collaborate among Maritime musicians. ... There’s general support in the music

community, as there is in the general public in the Maritimes,” she said. “It’s an excellent place to create today, (and to) live, grow and call home.”

There’s nothing more collaborative than our folk’s

Go to the show

What. Rose Cousins with Symphony Nova Scotia

When. Friday, 7:30 p.m.

Where: Rebecca Cohn Auditorium

Tickets. symphonynovascotia.ca

Quoted

“It feels really good to be on stage by yourself but it feels amazing to be there with someone else. That expands the experience.”

Rose Cousins
On collaborating with other artists

finest taking the stage Friday night with Symphony Nova Scotia. Promising to be less nervous than her 2009 showing, Cousins is proud to share the spotlight in front of her hometown crowd.

“I’m always excited to play in Halifax and playing with the symphony is pretty exciting,” she said.

“It feels really good to be on stage by yourself but it feels amazing to be there with someone else. That expands the experience. It makes me musically a very open person and up for any of the unplanned things that can happen.”

2 SCENE

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Emojis are really just ancient hieroglyphics.



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Me: Hello darkness, my old friend. Darkness: I aintcher friend, chubs.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney.

When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try.

"You know what? I've spoken a lot about my Taylor and I don't want

to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up."

And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."



Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence

France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."



Zac Efron

Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That

Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut. Efron also reportedly sustained a gash that required stitches in the fall.

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Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy aesthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits. When H&M contacted me and asked if I would like to collaborate I felt it was a great honour.

I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?

All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I

think the improper, slapdash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?

It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slapdash look is absolutely the sexiest."

Isabel Marant

never say never.

There are plenty of basics in your collection — what are your personal wardrobe musts?

The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

If you have that, you have everything. C'est tout!

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.

CONTRIBUTED



3 THE



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Trends Report

Yes, it's cold, but don't let the chilly weather dampen your style. Given that snow has yet to come for some of us (sorry Saskatchewan, Manitoba, Alberta and certain parts of Ontario), one of my favourite fashion trends for this late fall is a black leather and lace combo. Go online to Trends Report to see my fashion finds.

Follow Irene on Twitter @MetrolreneK or Instagram at kuanirene

metronews.ca/voices/trends-report



Canadian street style

Spotted in: Vancouver

Emma Breed
Fashion Merchandiser / Advertising Associate

What she's wearing

Scarf from a friend, jeans from Oxygen sample sale, coat from H&M and shoes from Aldo.

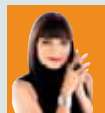
Her inspiration

Emma incorporated a summer-staple (coloured jeans) very well into a fall look by matching it with a wool coat, and an ankle boots — while keeping it fun with a leather accent on the coat and studs on the boots.

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!



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JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



With the awesome-inspiring Stephen Lewis @Aids_free_world Tomorrow is Stephen's 76th birthday! Happy Birthday! #hero



With my gorgeous mom at Zareinu fashion benefit. A privilege to be hosting once again! Can't wait to see the kids!

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Comfort food gets healthy with this stew-pondous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)



This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay

leaves and serve. I like this smothered over brown rice or whole wheat couscous.

ALL RECIPES EXCERPTED FROM THE HEALTHY ITALIAN: COOKING FOR THE LOVE OF FOOD AND FAMILY BY FINA

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The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scropo is out to change that. Her book, *The Healthy Italian*, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, *The Healthy Italian* is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. **METRO**



Weather the winter in a warmer home

DIY. With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects. With minimal tools or experience, it's easy to

fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

Slip on a water heater blanket
Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the

budget, quickly installing a blanket is an affordable way to prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a professional to avoid potential fires.

Install plastic window insulation

Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy

DIY Network

- For more ideas on creating the best home for your family, tune in to Family Under Construction, Tuesdays at 10 p.m. ET/PT on DIY Network Canada.

efficiency windows, they're an expensive investment and are best installed in the spring or

summer. For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm. Simple to install and barely visible, the sheets are easily peeled off in the spring.

Caulk the windows

For a more permanent fix, consider getting out the old caulk gun and resealing

windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning. Next, pick the proper caulking with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.



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Holiday gift guide

Tech the halls

Toys that will tickle the toddlers on your list

MIKE YAWNEY
For Metro

Children's toys are getting much more high-tech. Watch your little one's eyes light up in delight when they unwrap these gifts this holiday season.

Furby Boom — \$59.97

This hot new toy has even more personality than previous models. Expect more interaction, emotions, plus new artificial intelligence. A polished new iOS and Android companion app will have kids feeding their Furby, playing games with them and looking after virtual baby



Furbies. Warning to parents — you may need earplugs since Furby talks ... a lot.

Sphero 2.0 — \$129.99

A robotic ball you control with your Android or iOS device. With speeds at seven-feet-per-second, Sphero 2.0 is great for pulling off stunts around the house or outside. Internal lights illuminate the ball as it rolls, plus a wide variety of games can be downloaded to your device, making sure the fun never ends.

Add the "nubby" skin to give it even more grip.



Hasbro Zapped Games — various prices

Bring the family together with a new twist on classic board games. Place your iOS device in the middle of the board and watch a s



dark? Stick these light-strips under their bed or in their bedroom to give a soft glow at night. Pick from one of more than 16 million colours and control the brightness

using the app designed for your iOS device (requires Philips Hue Bridge accessory).

Belkin Lego Builder Case for iPod — \$29.99

A protective case for your child's iPod with a twist. The back contains a Lego base plate, allowing your child to add pieces, customizing their own case. Available in a variety of colours.



Laser Pegs — various prices

Plastic building blocks that light up. Each plastic piece contains a tiny LED light that feeds the next with a low-voltage current, letting you create amazing light up creations. Purchase building sets or make your own creations.



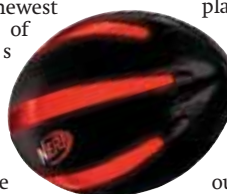
LeapReader — \$59.99

Give the gift of learning. This electronic pen will help your youngster learn to read and write while having fun. When the pen is used alongside special LeapReader books (sold separately), it can sound out

letters, words, and teach children to form letters and numbers with stroke-by-stroke guidance.

Nerf Firevision — \$19.99 and up

Play football in the dark.



Philips Friends of Hue Lightstrips — \$89.95

Are your kids afraid of the

Furby Boom — \$59.97, clockwise, from top centre, LeapReader — \$59.99, Nintendo 2DS — \$129.99, Nerf Firevision — \$19.99 and up, Sphero 2.0 — \$129.99, Laser Pegs — various prices, and Belkin Lego Builder Case for iPod — \$29.99.

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A season to help others

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MICHELLE WILLIAMS
For Metro

With all the holiday frenzy, it may be easy to forget the importance of charitable giving.

We may be bombarded with requests, but do we actually open our wallets and support those in need? How do we decide on which charities to support?

And considering all the other expenses at this time of year, why would we choose the holidays to make our donations?

"People make donations throughout year, but charitable giving does start to rise in late October and continues

to increase right up to Dec. 31," said Marina Glogovac, president and chief executive officer of CanadaHelps, a registered charity with a mission to help other charities, providing affordable online fundraising technology for charities and offering a destination for Canadians to give to the charities of their choice.

Glogovac believes this is partially out of habit and partially for tax benefits, but she also believes Canadians want to share with those in need during this time of year to realize the true meaning of the season.

While cash donations are still the most popular, there are other ways to give.

"Charity gift cards are a

great way to spread giving," Glogovac said.

CanadaHelps.org offers charity gift cards for many occasions, and the recipient chooses the cause (from any of Canada's 86,000 charities) to which they want to contribute.

"Another trend is pooling family members together to make a group donation to a

charity in lieu of exchanging family gifts."

Also growing in popularity is giving an item instead of cash, anything from live-stock to trees can be gifted to a family in a developing country in someone's name.

Perhaps the most important decision is which charities to choose.

"Many people give to

their alma maters, health-related charities and to communities in need, but there are many other worthy charities," Glogovac said. "It's important to choose based on what's important to you, especially if you're considering regular donations and planned giving."

Start with research.

"Don't just look at the

obvious choices. There are many incredible small charities that do great work. Spend some time figuring out what's important to you."

Visit the Canada Revenue or CanadaHelps websites, or check out individual charity sites to read about charity visions, mission statements and more to help you decide.



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THE JOURNEY OF A LIFETIME

PLAN CANADA'S GIFTS OF HOPE

When Jillian Mojeski travelled 11,000 kilometres to Rwanda, she learned that changing the world can be as easy as giving a Gift of Hope.

She and her colleagues at Klick Health had donated gifts of livestock through Plan Canada's Gifts of Hope, and those animals were given to families in some of the world's poorest countries to help create self-sufficiency and grow community cooperatives.

"It's so easy to give and my small donation made such a huge difference," Mojeski says about the impact of her gift.

Mojeski made the journey to rural villages to see the community development projects made possible by contributions from both her and her colleagues. She met schoolchildren eager to learn in safe, hygienic schools, and young women and men learning plumbing and construction at vocational training centres. She talked with pig co-operative farmers and families thrilled to have clean water thanks to the generosity of Mojeski and other donors.

"There's such a sense of pride," Mojeski says. "People are really excited to demonstrate projects your donations funded. It was an opportunity to shake someone's hand and close the loop in the contribution."

Mojeski is one of thousands of Canadians who will choose to give Gifts of Hope this holiday season. When you buy a Gift of Hope, your contribution supports real projects — like livestock co-operatives, clean water and education projects — in the communities where Plan Canada works, and these gifts change real lives.

"Sitting at your computer, clicking yes, thinking you are making a difference — it's not even close to the experience of seeing the actual impact for yourself," Mojeski says. "Now I realize that a small donation of an animal represents more than just food or a business opportunity.

MATCHED GIFTS

Thanks to Plan Canada's partners, your donations will go even further. Look for "Matched" gifts at plangifts.com.



Jillian Mojeski visits with schoolchildren at a rural primary school in Rwanda.



Muteteri Ancille, a member of Rwanda's Abakoranabushake pig co-operative, proudly shows visitors how their donations have made a difference.

CONTRIBUTED PHOTOS

A pig co-operative can empower an entire community."

Plan Canada works with children and communities in 69 countries around the globe, helping them to create a better life and a better future for their children.

"In rural communities, livestock is often the first step to household economic security," says Sangita Patel, Plan Canada's director of program management. "It starts with families selling things like eggs or milk. With extra cash, mothers can better care for their families. There's money for more nutritious food, medicine and school supplies. Young women in some communities have formed co-operatives with livestock, creating leadership opportunities, increasing their confidence and self-esteem."

This holiday season, generous Canadians can make a profound difference for children and communities around the

world. There are more than 40 Gifts of Hope that support international development programs. Projects in the areas of livestock, education, health, water and livelihood help families break the cycle of poverty and open up new opportunities for their children.

You can also support Plan Canada's Because I am a Girl initiative by choosing from 15 gifts that support the rights of girls. By purchasing these gifts, you are supporting the work Plan Canada does that directly benefits girls and women.

"The Gifts of Hope program is perfect for the holiday season," Mojeski says. "Rather than giving a gift that will just end up in the closet a few weeks later, you can give a meaningful gift that will change the lives of the people who need it most."

A Gift of Hope gives to both the giver and the recipient. A gift can help teach

GIFTS FOR ALL

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Shop online at plangifts.com.

Top gifts this year include:

- Bed nets (\$10)
- Girls' take-home rations (\$25)
- Clean water for families (\$75)
- Goats (\$75, \$775 a herd)
- Two pigs (\$90)
- Literacy training for two women (\$120)
- Girl's scholarship (\$295)

and nurture philanthropy in children, create global awareness and remind us all that the greatest joy lies not in receiving but in giving.

During her trip, Plan Canada's Gifts of Hope program exposed Mojeski to both personal and global change. The experience opened her eyes to the value of sharing what we have to improve the lives of others.

"I will be involved with Plan Canada for the rest of my life," she says. "With Gifts of Hope, you're empowering people to change their lives and that really is a gift of love."

— Heather Beaumont



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Plan

Shopping Under the Stars offers festive fun

perfect holiday ambiance.

Shoppers can also help out a good cause by supporting one particularly special star – the Catch a Falling Star lapel pin will be available by donation at the radio remote on the mezzanine at 5670 Spring Garden Rd. Proceeds will go to outreach efforts organized by the Spring Garden Area Business Association in partnership with the Downtown Halifax Business Commission to help people in the area.

Now in its 18th year, Shopping Under the Stars has become an annual holiday tradition of shopping local amidst the sights and sounds of the season. Visitors will literally

Spring Garden Area Business Association will be hosting two Friday evenings of holiday fun in the heart of downtown Halifax with their annual Shopping Under the Stars event.

From 5 to 10 p.m. on Friday, November 15 and Friday, December 6, shoppers will stroll the streets of Spring Garden Area enjoying special discounts and promos from over 200 retailers – most of which are locally-owned. There will also be free holiday treats, live entertainment, and more.

Shopping Under the Stars kicks off at 5 p.m. on November 15 with a Christmas tree decorating ceremony hosted by world-renowned florist, Neville MacKay outside the Spring Garden Rd. Credit Union. The Credit Union will be providing hot beverages and cookies.

The tree will feature \$1,000 in gift certificates from exclusive Spring Garden Area retailers that will go to one lucky winner by a no-purchase-necessary ballot draw.

Festive fun continues on Fri-

For the latest information on Shopping Under the Stars, follow @SpringGardenRd on Twitter, check out their Facebook page or visit their website: Springgardenarea.com.

day, December 6 with another ballot draw for an additional \$1,000 in gift certificates. Also on December 6, visitors can enjoy free hot chocolate and snacks at the corner of Queen Street and Doyle while watching a musical flash mob hit the streets. Live carols sung by Sleigh'er will top off the evening, creating the

be shopping under the stars, as the Spring Garden Area Business Association has just finished the three-year phase of its lighting program, Stars on the Street, which will light up the area after Remembrance Day.

Giselle Melanson Tattrie
For Metro

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AREA BUSINESS ASSOCIATION

What's in store this holiday season

For almost 20 years, Shopping Under the Stars has been a festive tradition of shopping while surrounded by the sights and sounds of the season – right in the heart of downtown Halifax.

From 5 to 10 p.m. on Friday, November 15 and Friday, December 6, the streets will be packed with people enjoying free holiday treats and live entertainment. But it's the shopping that's the main attraction, and over 200 retailers have come together to offer special promos and discounts that will help you cross every name off your gift list.

When it comes to clothing, lululemon athletica will be offering a rare tax-free discount to shoppers, along

with Foreign Affair, Envy, Le Chateau, and Pseudio. For those who love fashion and like to shop local at the same time, Twisted Muse and Sweet Pea Boutique are each offering 25 per cent off all sweaters in addition to tax-free savings on everything else in-store.

If you like to snack while you shop, Humani-T Café will be



offering free samples of candy cane and eggnog Gelato. If you'd prefer to sit down somewhere and relax after an evening of shopping, be sure to stop by Estia restaurant for special promos and live Greek Bouzouki Players on November 15.

If you're looking for a special gift for the foodie on your list, Moda Urban Dining is offering \$100 gift certi-

ates for \$85, while Cucina Moderna will be featuring a variety of tax free promos, discounts, and live cooking demonstrations.

For the active person on your list, Cleve's Source for Sports, Comfort Zone and One Tooth Activewear are all offering tax-free savings during Shopping Under the Stars, while Running Room has \$10 off purchases over \$50.

For that hard-to-buy-for person on your list, take a stroll through Spring Garden Area's various gift shops – the tax-free savings at Frame-It, In a Box Gifts, My Mother's Bloomers, Thornbloom, or P'lovers might just invite inspiration to strike.

Giselle Melanson Tattrie

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Weesha Furniture offers quality items



When she opened her furniture store last February, Wessam Sheisha knew exactly what she wanted: to provide her customers with beautiful, quality pieces that would stand the test of time.

"So many of the big-box furniture stores have pieces that will just fall apart a few months after you bring them home," says Sheisha. "I believe in selling solid, high-quality pieces that will last for years."

Located in Spring Garden Place, Weesha Furniture specializes in unique furniture and decor elements that make a statement.

"I'm always thinking about what will work with different styles, because everyone has different tastes," says Sheisha. "I keep up with the changing trends, and bring

in items you won't find anywhere else."

The life-long decor enthusiast says her customers appreciate their affordable prices and inspiring pieces, as well as the personalized decor advice. She says

in items you won't find anywhere else. "The life-long decor enthusiast says her customers appreciate their affordable prices and inspiring pieces, as well as the personalized decor advice. She says

Weesha Furniture is



the downsizing trend has highlighted the importance of choosing the right items, and thinking carefully about how they will work together.

"So many people are moving to condos, apart-

located in Spring Garden Place (5640 Spring Garden Rd.). For more information call (902) 999-2336 or follow them on Twitter @weeshafurniture.

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Shop TAX FREE during
'Shopping Under
the Stars'

More than just shopping at annual event

Now in its 18th year, Shopping Under the Stars is a fun and festive way to get a head start on holiday shopping in the heart of downtown Halifax.

From 5 to 10 p.m. on Friday, November 15 and Friday, December 6, visitors can take to the streets of Spring Garden Area for special shopping promos and discounts, live entertainment, and complimentary treats.

If you're making a special trip to the city for the event, the weekend of November 15 is the ideal getaway – for

the second year in a row, Shopping Under the Stars will kick-off one day before the Parade of Lights, which creates the perfect opportunity for out-of-towners to enjoy a full weekend of family holiday fun. The Lord Nelson Hotel & Suites is offering a special holiday shop n' stay promotion for just such a trip, which includes a \$25 dollar Shopping Under the Stars voucher to guests who book the weekend of November 15.

For a fully-festive experience, be sure to join world-

renowned florist, Neville MacKay at the tree decorating ceremony, 5 p.m. on November 15 at the Spring Garden Rd. Credit Union. There will be a live C100 radio remote, hot drinks and snacks provided by the Credit Union, and a chance to enter a free ballot draw to win \$1,000 worth of gift certificates from Spring Garden Area retailers.

Another free ballot draw for \$1,000 in gift certificates takes place on Friday, December 6, via live radio remote by 101.3 The BOUNCE. That



same night, visitors can also enjoy free hot chocolate and snacks at the corner of Queen Street and Doyle. A festive flash mob and live carols sung by Sleigh'er will also set the perfect stage for seasonal shopping.

Kids can enjoy the live readings at Wozzles bookstore, free candy samples at Sweet Jane's, and perhaps pick up a free plush panda at Teslus Mobility (available to the first 25 visitors.) For the rest of the family, there will also be

live cooking demos at Cucina Moderna, and for the four-legged family member: a free bag of treats and coupons from Pet Valu, available to the first 100 customers.

- Giselle Melanson Tattrie

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Special events to enjoy

For nearly two decades, Shopping Under the Stars has been a fun event that helps the whole family get into the holiday spirit – right in the heart of downtown Halifax. On these two nights, the streets of Spring Garden area will be humming with holiday music and bustling with shoppers. If you plan to take your family along for the festivities, be sure to check out the following fun events.

The tree decorating ceremony that kicks off Shopping Under the Stars will be a seasonal spectacle you won't want to miss. World-

renowned florist and My Mother's Bloomers owner, Neville MacKay will be hosting the ceremony outside the Spring Garden Rd. Credit Union on Friday, November 15 at 5 p.m. The Credit Union will be offering free refreshments and C100 FM will be doing a live radio remote. You can also enter a free ballot to win \$1,000 worth of gift certificates decorating the tree, courtesy of local Spring Garden area retailers. Be sure to check back at 9:45 p.m., when the winner will be announced.

If you're shopping under

the stars with little ones in tow, don't forget to stop by Woozles Children's Bookstore at 1533 Birmingham St. They'll be featuring book readings, free cookies, double cheaper by the dozen card points, and raffles. Then take the kids for a stroll through the Trillium Neighbourhood and stop by HaliKids at 105-1445 South Park St. Offering high-end children's toys and apparel, HaliKids will have 15 per cent off all regular priced items, not to mention prizes.

If you have a furry, four-legged family member with

you, be sure to pop into Pet Valu at 5686 Spring Garden Rd. They'll have free treats and refreshments for you and your pet, not to mention 10 per cent to 25 per cent off select pet apparel, beds, cat trees,

collars, leashes and more. Pet Valu's first 100 customers will also receive a free doggy or kitty bag full of treats, coupons, magazines and the new Pet Valu 2014 calendar.

Thanks to the Spring Garden Area Business Association, Stars on the Street will light the way for your family this year as you stroll the city sidewalks. They've just finished the three-year phase of the lighting program, which adds extra holiday ambiance as you literally shop under the stars.

- Giselle Melanson Tattrie



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Festive freebies and discounts available

Spring Garden area retailers will be offering discounts, promos and other surprises for Shopping Under the Stars. Organized by the Spring Garden Area Business Association, this annual tradition is a great way to save on shopping, get into the holiday spirit, and of course – pick up a few freebies along the way.

On Friday, November 15, Shopping Under the Stars kicks off with a free chance to win \$1,000 worth of gift certificates from Spring Garden area retailers at the tree

decorating ceremony. The gift certificates will decorate the tree outside the Credit Union on Spring Garden Rd. and world-renowned florist, Neville MacKay will offer decorating tips. The lucky winner of the gift certificates will be announced at 9:45 p.m., and if you miss your chance to win, don't worry – there will be another free ballot draw on Friday, December 6 for an additional \$1,000 in gift certificates.

The Summit at 5495 Spring Garden Rd. will be offer-

ing a few fun freebies during Shopping Under the Stars. On November 15 from 9 a.m.-10 p.m., they'll be giving away

travel-size OPI hand cream to the first 30 shoppers. There will also be a free Jane Iredale makeup gift provided

with purchase of Jane Iredale makeup.

Whether you have little ones on your gift list or in tow while you shop, they'll be sure to love a free toy. Telus Mobility (Advantage Wireless) at 5657 Spring Garden Rd. will be giving away free plush pandas to the first 25 visitors during Shopping Under the Stars. Kids will also enjoy some free prizes at HaliKids, over on 105-1445 South Park St., while parents will enjoy the discount of 15 per cent off all regular-priced items.

Woozles Children's Bookstore at 1533 Birmingham St. will have free raffles, readings, and cookies; as well as double cheaper by the dozen card points for shoppers.

If you're in the mood for free food samples, Humani-T Café at 1441 South Park St. will be offering samples of candy cane gelato and eggnog gelato. Sweet Jane's at 5431 Doyle St. will also be offering free samples to satisfy your sweet tooth, such as gourmet chocolates and candies.

- Giselle Melanson Tattre



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Sample the great food and beverages

Now in its 18th year, Shopping Under the Stars has become a festive tradition for saving on holiday shopping while enjoying the seasonal atmosphere of the city streets. More than 200 mostly-local retailers in the Spring Garden area will be offering discounts, promos, freebies and more. There will be carollers, tree trimming, and other surprises along the bustling sidewalks of Spring Garden area – including good food

At 5518 Spring Garden Rd., Estia Restaurant will be offering half-price appetizers or complimentary Greek dessert with purchase of entree during Shopping Under the Stars.

On November 15, Estia will also be featuring special entertainment: the dynamic duo of Greek and Irish Bouzouki players who performed in Neptune's Comedy of Errors will be entertaining patrons. Further down Spring Garden Rd., Mexicali Rosa's will be offering \$6 off fajitas for one or two, as well as \$5 Single Margaritas and \$6 double margaritas during Shopping Under the Stars.

Over on Dresden Row, Cucina Moderna will be offering tax-free savings on all regular-priced items in addition to a special discount of 50 per cent off select items. They'll also have live cook-

ing demonstrations to satisfy your culinary curiosity. Moda Urban Dining, located at 1518 Dresden Row, will have \$100 gift certificates on sale for \$85 as a special Shopping Under the Stars promotion.

To satisfy your sweet tooth, there will be free samples of candy cane gelato and eggnog gelato compliments of Humani-T Café, over on 1441 South Park St. As well, Sweet Jane's at 5431 Doyle St. will be offering free samples of various candies and chocolates in addition to product demos.

If you're strolling the streets in search of traditional holiday tastes, there will also be a number of retailers offering

cider or hot chocolate. Some of the shops offering free refreshments on Spring Garden Rd. include Dugger's Men's Clothing at 5476 Spring Garden, Frame-It at 5512 Spring Garden, and Jennifer's of Nova Scotia at 5635 Spring Garden. Over on Queen St., Makenew, Put Me On Consignment, and The Attic: Vintage & Vinyl will also be offering free refreshments to shoppers.

- Giselle Melanson Tattrie



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metro

HOUSE & HOME

Thursday, November 14, 2013



Fireplaces are the perfect platforms for Christmas decorations. From stockings to garlands, decorate the area around your fireplace and give it a truly festive look. IMAGE SOURCE/THINKSTOCK

A touch of Canadiana during the holidays

Decorating. Pay tribute to the Great White North with ideas focusing around a maple leaf or hockey

Canadians take pride in the fact that they are from the Great White North, so it's only fitting that they would take to the idea of combining a Canadiana with their Christmas decorations.

Here are six Canadian

Christmas decoration ideas.

Family focus

A great idea that will make everyone feel special is including personal portraits or photographs of the family in your decorations.

The maple leaf

The maple leaf is probably the most recognized symbol of Canadian culture. Since the colour scheme of the Canadian flag is red and white, why not spray paint maple leaves and include them in your decorations? You can have a combination of green, brown, red and white maple leaves, which will also fit in nicely with the colour scheme of Christmas.

If you are crafty and creative, you can stitch together maple leaves made of fabric in the form of a place mat.

Merry moose

We all know that reindeers are synonymous with Christmas, but why not be different and include the traditional moose in your Canadian decoration ideas? You can do this in the form of an ornament in the

centre of your dining table decorations, or give each guest a moose to take home as a memory of the event.

Fireplace festivities

If you are one of those lucky families with a fireplace, you have to make optimum use of it. Fireplaces are the perfect platforms for Christmas decorations. From stockings to garlands, decorate the area

around your fireplace and give it a truly festive look.

Hockey ornaments

Pay homage to the sport that has given you such pleasure over the years by hanging skates rather than stockings and stuffing them with goodies.

These are just a few ideas to get some Canadian Christmas decoration ideas rummaging through your mind. **COMFREE**



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Lights. Create an awesome outdoor holiday scene with a few helpful tips

When it comes to outdoor Christmas decorations, some people tend to take the holiday season a little too seriously and set up a light show that would make the solar system envious.

It's not difficult to create outdoor Christmas decorations, so long as you don't decide to wing it. Here are some tips on how to create an awesome outdoor Christmas lighting scene without breaking the bank — or anything else for that matter.

Make sure you have the equipment you need. From a ladder to specialty clamps, make sure that you have all the little things you need before you head out on this Christmas decoration adventure that you set out.

Here is a short list you can use and add to: Outdoor extension cords; timer; ladder; hand tools; and gloves.

Plan what you want to do. Before you get crazy and head out to the nearest store and blow your Christmas budget, create a plan and decide where you want to put your Christmas decorations.

Lights are a popular choice for outdoor Christmas decorations and a general rule is to get 100 lights for every foot-and-a-half of tree or shrub you want to cover.

Incandescent mini lights



A general rule for outdoor lights is to get 100 lights for every foot-and-a-half of tree or shrub you want to cover. ISTOCK/THINKSTOCK

are cost-effective and produce a warm glow. They are sold in various lengths that hold anywhere from 50 to 300 or more lights.

LED lights are a little more expensive but are 90 per cent more energy-efficient and

last thousands of hours longer than incandescent bulbs. They give off brilliant light and remain cool to the touch, even after hours of use.

For consistency purposes, you should keep with the same brand and perhaps buy

an extra set or two because chances are you will want to add more lights.

Play it safe at all times. Hang lights during the day and don't bother installing any electrical items when there is precipitation. Enlist

the help of someone so you can complete the work that much faster.

It would serve you best to begin at the top and work your way down, and start at the power source for every 300 lights you connect. **COMFREE**

Selling your house during the holidays

Holidays are essentially a time to take time and enjoy life for what it is, so it may be a more difficult task to sell a property during these times. The attention of buyers is usually focused on festive activities and other items unrelated to the task at hand.

Here are some tips on how you can sell your property over the holidays.

Decorate

Though this is understandably aimed at producing an emotional reaction, thus making the place feel cosy and festive, keep in mind you should stick to generalized fall or winter decorations since the client base you might have during the season might come from various religious beliefs and some might not be tolerant enough to accept symbols of other faiths.

Mind your and presentation

Make sure you have high-quality photos for your presentation from multiple angles so people can have a good idea in what they will be investing. Create a festive atmosphere inside, keep it nice and warm, and play some low and unobtrusive music to make them feel at home. **COMFREE**

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Herd's Duke opens up about Lewis' departure

Bittersweet. Cutting of former captain has been particularly hard on the 20-year old Cole Harbour native



ANDREW RANKIN
andrew.rankin@metronews.ca

Trey Lewis and Brendan Duke were good friends long before they became teammates on the Halifax Mooseheads.

The fellow defencemen had gotten to know each other through hockey tournaments and junior camps. Naturally, the bond strengthened after Duke was traded to the Herd from the Quebec Remparts, in January 2012.

In his third campaign with the Mooseheads then, Lewis was a season away from being named team captain.

"With Trey you really would say wow at the stuff he would do for you, he was such a great leader, great captain," said Duke, a Cole Harbour native.

On Monday, general manager Cam Russell announced that the team finalized its three overage spots, and Lewis was the odd man out.

That decision hinged solely on Lewis's chronic hip injury, which ultimately needs surgery for 100 per cent recovery. The Mooseheads weren't willing to take the risk of keeping him on the roster and the 20-year-old defenceman chose to join his hometown Miramichi Timberwolves of the Maritime Junior A Hockey League.



Mooseheads defenceman Brendan Duke. JEFF HARPER/METRO

It was a bittersweet for Duke, who was the team's first choice to be the overager cut, but remained in the fold with the Herd's other 20 year old's, Darcy Ashley and Brent Andrews.

"It sucks, I didn't like being in a position like that, some people are saying that they're happy for me, but at the same time, I played with Trey, he's one of my best buddies," said Duke.

Lewis was quick to reach out

Mooseheads crack nation's top 10

The Halifax Mooseheads are back on the Canadian Hockey League's top-10 rankings.

- The Herd came in at No.10, after making the list at No. 8 two weeks ago, and only an honourable mention in

last week's rankings.

- The Mooseheads(16-8) were 2-0 last week. The QMJHL's Blainville-Boisbriand Armada continue to hold down the No. 1 position.

to his friend and former teammate.

"I knew he was devastated but he told me he was happy

for me," added Duke.

Mooseheads blue-liner Austyn Hardie also laments the departure of his former captain, but understands the harsh reality of the situation.

"You can't get caught up in feeling sympathy for anyone," said Hardie. "You keep playing your game and whatever happens, happens."

The Mooseheads continue their home stand against the Drummondville Voltigeurs on Thursday at 7 p.m.

Huskies playing for Naomi

The Saint Mary's Huskies women's basketball team is laying it all on the line this season for Naomi Fequiere.

The 22-year-old former Saint Mary's Huskies basketball player, who was killed in a car accident over the summer, had been the heart and soul of last year's squad. Now this year's team is gunning for an AUS and national championship in her memory.

The No. 1-ranked team in the country is off to a great start. On Wednesday evening,

the 3-0 Huskies used a late push to beat the St. Francis X-Women 81-69 in their home opener.

"We do have a lot to prove," said Huskies guard Laura Langille, who scored a game-high 27 points along with 11 boards. "We have the targets on our back in the AUS, in the country and we have a lot to prove. We are dedicating this season to Naomi. We have a lot to prove for her too."

Up 36-35 at the half, the Huskies took over late in the third quarter, and never looked

back from there.

Huskies guard Justine Colley, had 19 points and 12 rebounds. The CIS player of the year is hungry for back-to-back AUS championships, but she's putting little stock into the team's No. 1 national ranking.

"Honestly that 's just a number," she said. "We haven't proved anything yet. The season's still early so we just can't be complacent. We need to go out every single day like we're the last-ranked team in the country."

As for the Huskies men's team, who took to the court after the women's matchup, they maintained their perfect 3-0 record with a 105-76 hammering of the X-Men.

Jeremy McAvoy, who scored 18-points in 11 minutes is expects big things.

"We all believe in each another," said the Huskies guard. "Everyone knows what the goal is, everyone's on the same page, and everyone wants to get there. It's a very, very unselfish team." **ANDREW RANKIN/METRO**



The Huskies' Angelina Carvery tries to get past St. FX's Lindsay Lessard on Wednesday night. JEFF HARPER/METRO

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4 SPORTS

Parise rallies Wild to shootout win over Leafs



Minnesota Wild right winger Nino Niederreiter collides with Toronto Maple Leafs goalie Jonathan Bernier during the first period of Wednesday's game in St. Paul, Minn. ANN HEISENFELT/THE ASSOCIATED PRESS

NHL. Late third period goal paves the way to Minnesota victory

Zach Parise and Jason Pominville scored in the shootout, lifting the Minnesota Wild to a 2-1 victory over the Toronto Maple Leafs on Wednesday night.

Parise tied the game late in the third period for Minnesota, which has won five of six and is 8-1-2 in its last 11. The Wild have been involved in three straight shootouts — winning two.

Mason Raymond scored a power-play goal for Toronto, which has scored just three regulation goals in its last four outings. Jonathan Bernier had 33 saves.

In the shootout, Parise beat Bernier low on the left side before Josh Harding stopped Raymond. Mikko Koivu was stopped by Bernier and Phil Kessel lost control of the puck

On Wednesday

2

Wild

1

Leafs

before Pominville beat Bernier through the pads for the win.

Parise tied it with 4:17 to play in regulation when, after a turnover by Kessel, Charlie Coyle's shot from low on the right side deflected off Parise's skate and into the net.

Harding had 19 saves in relief of Niklas Backstrom.

Starting his first game since Oct. 28, Backstrom was run over by Toronto's Nazem Kadri 7 minutes into the game and eventually made his exit with 10:31 left in the period. Kadri was assessed a match penalty for illegally hitting Mikael Granlund in the head in the third period. **THE ASSOCIATED PRESS**

NHL. Sabres bring Nolan, LaFontaine back to Buffalo

The Buffalo Sabres are turning to their past to help turn the struggling franchise around.

The club cleaned house by firing general manager Darcy Regier and head coach Ron Rolston, and bringing back former star Sabres forward Pat LaFontaine and former head coach Ted Nolan.

LaFontaine was named president of hockey operations Wednesday and Nolan will serve as interim head coach. **THE ASSOCIATED PRESS**

Quoted



"I may have left physically, but emotionally and spiritually, I never really left."

Sabres interim head coach Ted Nolan began his NHL coaching career in 1995 and went 73-72-19 in two seasons with the Sabres before leaving the team in a contract squabble after being named the league's coach of the year.

NHL

Schenn leads Flyers over Pens

Brayden Schenn scored two goals and backup goalie Ray Emery stopped 30 shots to lead the Philadelphia Flyers in a 2-1 victory over the Pittsburgh Penguins on Wednesday night for their third straight victory.

Schenn, who had a goal and an assist during Philadel-

phia's 5-0 win against Ottawa the previous night, opened the scoring late in the first period and got the tiebreaker late in the second. Emery got the start one night after Steve Mason shut out the Senators.

Penguins' captain Sidney Crosby scored his ninth goal of the season for the Penguins. Marc-Andre Fleury made 19 saves for Pittsburgh, which has lost three straight.

THE ASSOCIATED PRESS

Cycling

IOC president not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed. **THE ASSOCIATED PRESS**

NBA

Gay keys Raptors' win over Grizzlies

Rudy Gay scored 23 points in his return to Memphis and Kyle Lowry added 21 to help the Toronto Raptors beat the Grizzlies 103-87 on Wednesday night.

Gay, who was part of a Jan. 30 trade that sent him to the Raptors after spending his first 6-plus years in the league with Memphis, was 8 of 18 from the field. **THE ASSOCIATED PRESS**

MLB. Scherzer, Kershaw clean up in Cy Young vote

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers breezed to baseball's Cy Young Awards Wednesday.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after posting a 1.83 ERA — lowest in the majors in 13 years.

"This is such a cool thing. I can't even explain what it means to me," Kershaw said in an interview on MLB Network. "It really is a huge honour."

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes from members of the Baseball Writers' Association of America. Adam Wainwright of the St. Louis Cardinals was picked first on one ballot.

Kershaw went 16-9 and topped the NL with 232 strikeouts. He also won the Cy Young Award in 2011 and finished second last year to knuckleballer R.A. Dickey.

Scherzer took the AL honour after leading the majors with 21 wins. He received 28 of 30 first-place votes.

The right-hander lost only three times and was the lone 20-game winner in baseball. He ranked second in the majors with 240 strikeouts and was

Chip on his shoulder



"I want that ring."

NL Cy Young winner Clayton Kershaw, who has been an all-star the past three seasons while putting up eye-popping statistics. Now, he said, the only thing left for him to do is win the World Series.

fifth in the AL with a 2.90 ERA.

Scherzer smiled and raised both arms when the results were announced.

"It's unbelievable. It just vindicates everything I've done," he said, acknowledging all the run support he received from Detroit's powerful lineup probably helped his candidacy.

"I've been working so hard all these years to get better and better," he added. "I think I took a big step forward in 2013."

Yu Darvish of the Texas Rangers was second, marking the highest finish by a Japanese-born pitcher in Cy Young voting. Hisashi Iwakuma of the Seattle Mariners came in third.

The AL and NL Most Valuable Player awards will be presented Thursday.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	18	7	10	1	33	45	15
Columbus	17	6	10	1	44	50	13

Wednesday's results

Minnesota 2 Toronto 1 (SO)
Philadelphia 2 Pittsburgh 1
Dallas at Edmonton

Tuesday's results

Buffalo 3 Los Angeles 2 (SO)
Carolina 2 Colorado 1
NY Islanders 3 Nashville 1
Washington 4 Columbus 3 (OT)
New Jersey 3 NY Rangers 2
Winnipeg 3 Detroit 2 (SO)
Florida 3 Anaheim 2
Philadelphia 5 Ottawa 0
Tampa Bay 2 Montreal 1 (SO)
Phoenix 3 St. Louis 2 (OT)
San Jose 3 Calgary 2 (OT)

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)
Saturday, Nov. 23 — All times Eastern

Houston at Kansas City, 7:30 p.m.

Sunday, Nov. 24

Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7

East champion vs. West champion, 4 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Winnipeg	20	9	9	2	53	57	20
Dallas	17	8	7	2	46	52	18
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern

Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Friday's games
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern

Hamilton vs. Toronto, 1 p.m.

Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan

Sunday, Nov. 24

East champion vs. West champion, 6 p.m.

NFL

Thursday's game — All times Eastern
Indianapolis at Tennessee, 8:25 p.m.

Sunday's games

Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday, Nov. 18
New England at Carolina, 8:40 p.m.

NBA

Wednesday's results

Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto 103 Memphis 87
Minnesota 124 Cleveland 95
New York 95 Atlanta 91
San Antonio 92 Washington 79
L.A. Lakers at Denver
New Orleans at Utah
Brooklyn at Sacramento
Phoenix at Portland
Oklahoma City at L.A. Clippers
Tuesday's results
Miami 118 Milwaukee 95
Dallas 105 Washington 95
Golden State 113 Detroit 95
L.A. Lakers 116 New Orleans 95
Thursday's games
Houston at New York, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.
Friday's games
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

Taurus

April 21 - May 21

One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

Gemini

May 22 - June 21

There is no reason at all why you should not be taking risks that can benefit you personally.

Cancer

June 22 - July 23

Times may be tough but you are tough enough to face them and make something good of them.

Leo

July 24 - Aug. 23

Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

Virgo

Aug. 24 - Sept. 23

There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

Libra

Sept. 24 - Oct. 23

Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

Scorpio

Oct. 24 - Nov. 22

Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

Sagittarius

Nov. 23 - Dec. 21

You may want to help a friend in need but you also realize that they must learn from their own mistakes.

Capricorn

Dec. 22 - Jan. 20

The future is not something you should be looking forward to and planning for – the future is here and now.

Aquarius

Jan. 21 - Feb. 19

You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

Pisces

Feb. 20 - March 20

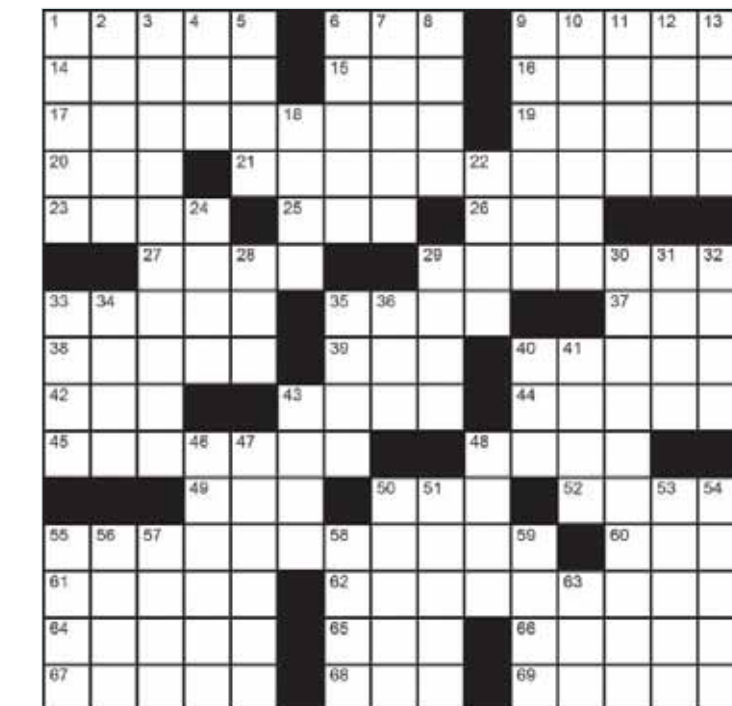
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- "The ___ Mutiny" (1954)
- Conned
- Scale
- British car, ___ Martin
- Poet's 'previously'
- Golden '60s song, for example
- Canadian-invented Trivial Pursuit, for one: 2 wds.
- Wheezing noises
- Prince Valiant's son
- Nature government agency, ___ Canada
- Info given secretly to the press
- 'Yes' on a yacht
- Pastureland
- Dryer's fluff
- New ___, Nova Scotia
- In a bashful way
- Scuffle
- Fair-hiring letters
- Urgency
- Fireplace fixture
- Breath whilst laughing
- Keyboard key
- Stitches
- Places at a slant
- Badgley __ (American fashion design duo)
- Jason's craft
- French for 'Goose'
- Corny place
- Elevs.
- Bird found across



- Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
- Smashing Pumpkins co-founder, James ___
- Horseback rider's straps
- Natural ___ Canada
- Bandleader Mr.

- Shaw
- Big Apple toy store, ___ Schwarz
- Glides like a bird
- Slept a bit
- RR depot
- Alvin ___ American Dance Theater

Down

- Secretly conspiring

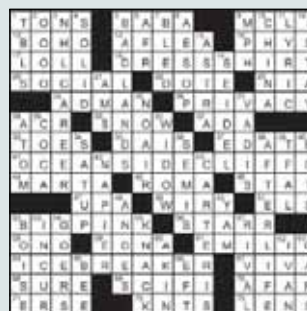
- group
- "Oh, don't be ___ loser!"
- Pros in a Computer Dept., ___
- Neither's partner
- The Neverending Story author, Michael ___
- Music genre, with Metal

- Hollywood's Mr. Hammer
- Red ___, Alberta
- Eye part
- Andean animals
- Still
- Demeanor
- Trump
- Bug variety
- Brit singer Mr. Murs

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

- Bagpiper's outfit piece
- 'The Science Guy', Bill ___
- Practical jokes
- Survey of Canada
- Astronomy's ___ cloud
- Soaks
- Decorative pillow cover
- Nickname of Nova Scotia's cap.
- Bandmate to Anthony Kiedis
- Make the kayak move
- Gibraltar, e.g.
- Near, fancy-style
- Misrepresent
- Ms. Nielsen of "Gladiator" (2000)
- Showed disapproval as a cat
- Peek-___!
- Sports shoe's slip stopper
- Elisabeth Moss' role on "Mad Men", Peggy ___
- "Ta-da!"
- Flip
- Mr. Pitt
- Bubbly bar
- Glamour
- Pet store sounds!
- 1970 Paul Newman movie about a radio station
- French sovereign

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

5°/2°
Variable

Friday

10°/1°
Mainly sunny

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